

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN	6:30-7 a.m.	11:15-11:45 a.m.	6:30-7 a.m.	11:15-11:45 a.m.	6:30-7 a.m.	NO CLASSES POOL CLOSED
CARDIO KICKBOXING	10:15-10:45 a.m.	6:30-7 a.m. 5:30-6 p.m.	10:15-10:45 a.m.	6:30-7 a.m.	10:15-10:45 a.m. 5:30-6 p.m.	
HIIT High-Intensity Interval Training	12:15-1 p.m. 5:30-6 p.m.	12:15-1 p.m.	12:15-1 p.m.	12:15-1 p.m. 5:30-6 p.m.	12:15-1 p.m.	NO CLASSES POOL CLOSED
ACTIVE AGING YOGA		8:15-9 a.m.		8:15-9 a.m.		
ACTIVE AGING LEVEL 1	1:15-1:50 p.m.		1:15-1:50 p.m.		1:15-1:50 p.m.	NO CLASSES POOL CLOSED
POOL CLOSED	1:30-3 p.m.	1:30-3 p.m.	1:30-3 p.m.	1:30-3 p.m.	1-7 p.m.	NO CLASSES POOL CLOSED
AQUATIC EXERCISE	9:15-10 a.m. 5:30-6 p.m.	9:15-10 a.m.	9:15-10 a.m.	9:15-10 a.m. 5:30-6 p.m.	9:15-10 a.m.	
FREE SWIM	5:30-9:15 a.m. 10 a.m.-1:30 p.m. 3-5:30 p.m. 6-7 p.m.	5:30-9:15 a.m. 10 a.m.-1:30 p.m. 3-7 p.m.	5:30-9:15 a.m. 10 a.m.-1:30 p.m. 3-7 p.m.	5:30-9:15 a.m. 10 a.m.-1:30 p.m. 3-5:30 p.m. 6-7 p.m.	5:30 a.m. - 1 p.m.	NO CLASSES POOL CLOSED

Child care is not available.

For your safety, the pool will close if lightning is detected within 10 miles of the facility.

All classes and times are subject to change. We appreciate your business.